Vol. 64, No. 46

Tyndall Air Force Base, Fla. Home of Air Dominance Training

Nov. 18, 2005

In brief

Tops in Blue tickets

Four free tickets per military ID card will be available on a first-come, first-served basis beginning 10 a.m. Nov. 30 at the Community Center. Tops in Blue will be performing at 7:30 p.m. Dec. 2 at the Marina Civic Center in Panama City.

Holiday hours

The Felix Lake Shoppette will be open from 8 a.m. to 1 p.m. Thanksgiving Day. All other Base Exchange facilities will be closed.

The BX will be open from 6 a.m. to 8 p.m. Nov. 25 and 26. All other facilities will be open at their regular times.

No Gulf Defender published Nov. 25

The Gulf Defender will not be published Nov. 25 due to the holiday. The Gulf Defender staff wishes you and yours a happy Thanksgiving Day!

What's inside

Tyndall Airman pulls woman from car crash ... PAGE 9



Tyndall dentists perform root canals on military working dog

... PAGES 12-13



Next!

Senior Airman Ursula Basinger, 325th Comptroller Squadron accounting technician, hands back an identification card and mobility folder to Airman 1st Class Brian Otto. 325th Civil Engineer Squadron firefighter, during the exercise. Nearly a hundred Airmen went through the deployment line Tuesday to simulate being deployed and to test Tyndall's ability to process Airmen for world-wide deployments.

CMSAF Murray visits Tyndall, discusses hot topics

SENIOR AIRMAN SARAH McDowell

325th Fighter Wing Public Affairs

During Force Shaping, an ongoing process to balance manning in the Air Force, the enlisted force will increase and the officer corps will decrease, Chief Master Sergeant of the Air Force Gerald Murray said during his visit here.

While at Tyndall, the chief attended the Senior Enlisted Leaders Air Expeditionary Force Conference held Nov. 8-10. He also took time out to explain some of the hot topics in the Air Force today.

A tool the chiefs use to gauge what is at the forefront of Airmen's minds is the Air Force Climate Survey.

"The purpose of the survey is to truly get to know how the people view the force," he

said. "In the past, these surveys have helped Hurricane Katrina to respond better to Hurthe Air Force improve manpower and lessen stress factors during deployment."

The Air Force gauges the enlisted force in many other ways as well, and has learned about how well it can activate and deploy during non-standard contingencies, such as during the latest hurricane season where the AF deployed active duty and guard troops for relief efforts.

The chief believes the Air Force, as well as the military as a whole, responded extremely well to this year's rough hurricane season and aftermath relief efforts.

"Our military responded extremely well to Hurricanes Katrina and Rita," he said. "We saved lives from the very beginning of the storms, and we used lessons learned from ricane Rita."

As far as the ongoing overseas contingencies, the chief said Air Expeditionary Force support remains about the same as last year.

"We have about 32,000 of our Airmen overseas right now. About 20,000 of those Airmen are in Southeast Asia and about 12,000 are in Korea. Sixty-five percent of those Airmen are engaged in combat." Chief Murray said.

He reflected on what the Air Force combat mission was like when he first enlisted, "I see our enlisted force doing jobs I would never have envisioned them doing. Airmen are participating in vehicle operations, prison operations and civil engineer combat in conjunction with the

• SEE MURRAY PAGE 4

Page 2 **Gulf Defender** Nov. 18, 2005



Scoutin' for turkeys

(From left) Webelos Kurt Anderson, Matthew McLean, Alex Swaine, Christian Breck, Zach Alden and Alex Anderson help the base chapel collect donations for Operation Turkey Drop. Fifteen cub scouts from Pack 388 here collected goods and monitary donations Nov. 12 at the Commissary. Each year the chapel organizes Operation Turkey Drop, which provides food for military families who may need support in buying a Thanksgiving meal. Volunteers will be needed to help pack donations at 1 p.m. Sunday at Chapel 2 Annex. Call 283-2925 to volunteer.

Identify this...



Can you identify this object? If so, send an e-mail to editor@tyndall.af.mil with "Identify This" in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The prize can be claimed at the Public Affairs office.

The winner for the Nov. 11 "Identify This" is 1st Lt. Scott Williams, 1st Air Force. He correctly guessed that it was the corner of a floppy disk. Congratulations, Lieutenant Williams. Come and claim your prize!

ON THE **STREET**

What's your favorite Thanksgiving Day menu item?



"I like wine because I'm guaranteed to fall asleep while watching football."

AIRMAN 1ST CLASS SCOTT PUCCINELLI





"I love the dark meat of the turkey because it is so moist and so good."

TECH. SGT. DOUGLAS JENKINS 325th Maintenance Group



"I like all the flavors of stuffing, and I like to put gravy on it."

AIRMAN ATIF JALIS 325th Aeromedical-Dental Squadron



"I like cranberry sauce from

CAPT. JOANNE REBELLO

Cape Cod, Mass., because I am from there. It's also colorful, festive and tasty."

702nd Computer Systems Squadron

Gulf Defender Editorial Staff

Brig. Gen. Jack Egginton	325th FW commander
Maj. Susan A. Romano	chief, 325th FW public affairs
Ms. Chrissy Cuttita	chief, internal information
2nd Lt. William Powell	deputy chief, internal information
Staff Sgt. Benjamin Rojek	editor

The Gulf Defender is published by the Panama City News Herald, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with Tyndall Air Force Base, Fla. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Gulf Defender are not necessarily the official views of, or endorsed by, the U.S.

government, Department of Defense or Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD, the Department of the Air Force or the *Panama City News Herald* of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise

The deadline for article submissions to the Gulf Defender is 4 n.m. Friday prior. to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/ PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Commentary

Overcome bad circumstances with good attitude

"No one can make you

change your attitude, although

they may be able to change your

Lt. Col. Nathan Lyden

325th Maintenance Squadron commander

circumstances."

Lt. Col. Nathan Lyden

325th Maintenance Squadron commander

I know what you may be thinking – another rant about attitude from someone who can't relate.

However, the importance of attitude cannot be overstated or repeated often enough. Your personal circumstance is unique to you. Marital status, upbringing, finances, current troubles or joys all impact your outlook. The one thing you have complete and utter control over is how you respond to those influences in terms of attitude.

Attitude and the effect it has on success and accomplishment has been studied for years. As far back as the early Greek and Roman philosophers, people have been discussing how humans approach the problems of life. In 1937 Dale Carnegie wrote, "How to Win Friends and Influence People," and it is still one of the most useful and popular books in any bookstore. The influence of attitude on your life is not a new concept, and I don't claim

to be original in my thinking. I am trying He had a choice to make at that time, he to stress that throughout history there is one consistent theme among successful people in any walk of life and that is their

Attitude applies to all aspects of your message he talks about is that choosing

life, and it is equally important to all of them. Successful coaches and players in every sport can tell you that your attitude in practice and before the game have a great im-

you don't know what I am talking about, watch the movie "Rudy."

At one previous assignment, I had the privilege of spending an afternoon with Erik Weihenmayer, the first blind person to conquer Mount Everest. He was not born blind, but went blind in his early teens.

could accept the limitations that the world would place on him because of his blindness or he could ignore them and live life as he wanted to. The most consistent

> the right attitude is the most important piece of overcoming adversity.

Attitude is independent of circumstances; it is a decision that can be made in any situation.

As a commander,

pact on how you play during the game. If I unfortunately have to administer disciplinary action on people who break the rules in one way or another. During the process the one question that is always on the table is, "What is the individual's attitude?" In general, the folks who have a good attitude before and after making a bad choice are the most likely to recover from it. Those

who see the same circumstance as either overwhelming or unimportant will probably not recover.

The same can be said for attitude toward mission accomplishment. Former General of the Army Dwight D. Eisenhower said, "Optimism and pessimism are infectious, and they spread more rapidly from the head downward than in any other direction." If you want to accomplish a difficult task, you have to believe that you can accomplish it. As simple as this sounds, sometimes it is overlooked or forgotten.

From the largest land battle since World War II to the daily events in your life, your attitude is an absolute factor in success or failure.

No one can make you change your attitude, although they may be able to change your circumstances. The only person who has sole control of the attitude you take with you is the person you see in the mirror every day. It is your choice; make the decisions that will have positive results for you.

Action Line:

Q: I would like to get a verification of "nonessential personnel." We were instructed to come to work and are looking for clarification on who "non-essential personnel" are.

A: To determine "non-essential personnel," we must define "mission-essential personnel," which is defined in three different categories: military, federal civilian employees and contractors.

For military personnel, mission essential is at the discretion of the unit commander who is best qualified to determine the personnel required for specific events. As events and their requirements vary, so will the definition for mission essential. Depending on the event, mission essential can be a different set of personnel.

For federal civilian employees we define mission-essential as, "Personnel who are required to remain on the installation due to critical mission operations that cannot be suspended or unnecessarily interrupted during natural emergencies/disasters, e.g., hurricanes.

Typical positions meeting this designation include, but are not limited to, child care center personnel, medical professionals, trades and crafts employees, firefighters, food service personnel, safety personnel, etc."

Employees occupying mission essential positions will remain at their duty station, or report for duty during periods leading up to and continuing during emergency conditions, regardless of any general dismissal authority for civilians. Employees occupying these positions must continue to perform mission essential duties until relieved by the proper authority, normally in emergency situations, the 325th Fighter Wing commander or if he delegates that authority, the group commander.

Because contractor employees don't work directly for the government, we rely on the contractor to determine which of their employees must be present to perform the required service. All contractor employees should check with their supervisors to determine under which circumstances they are considered "essential personnel."

For specific questions concerning your position status as mission-essential, contact your unit commander, civilian personnel or your supervisor.

Action Line



BRIG. GEN. JACK EGGINTON 325th Fighter Wing commander

The Action Line is your direct line to me. It you are unable to resolve the problem, call me is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a re-

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or

at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

283-4825
283-4191
283-7515
283-2739

/IPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
.egal	283-4681
lousing	283-2036
CDC	283-4747
Ving Safety	283-4231
Area Defense Counsel	283-2911
inance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

News **Gulf Defender** Nov. 18, 2005 Page 4

• From MURRAY Page 1

Corps of Army Civil Engineers in Iraq – just to name a few. It is a lot different from when I came in."

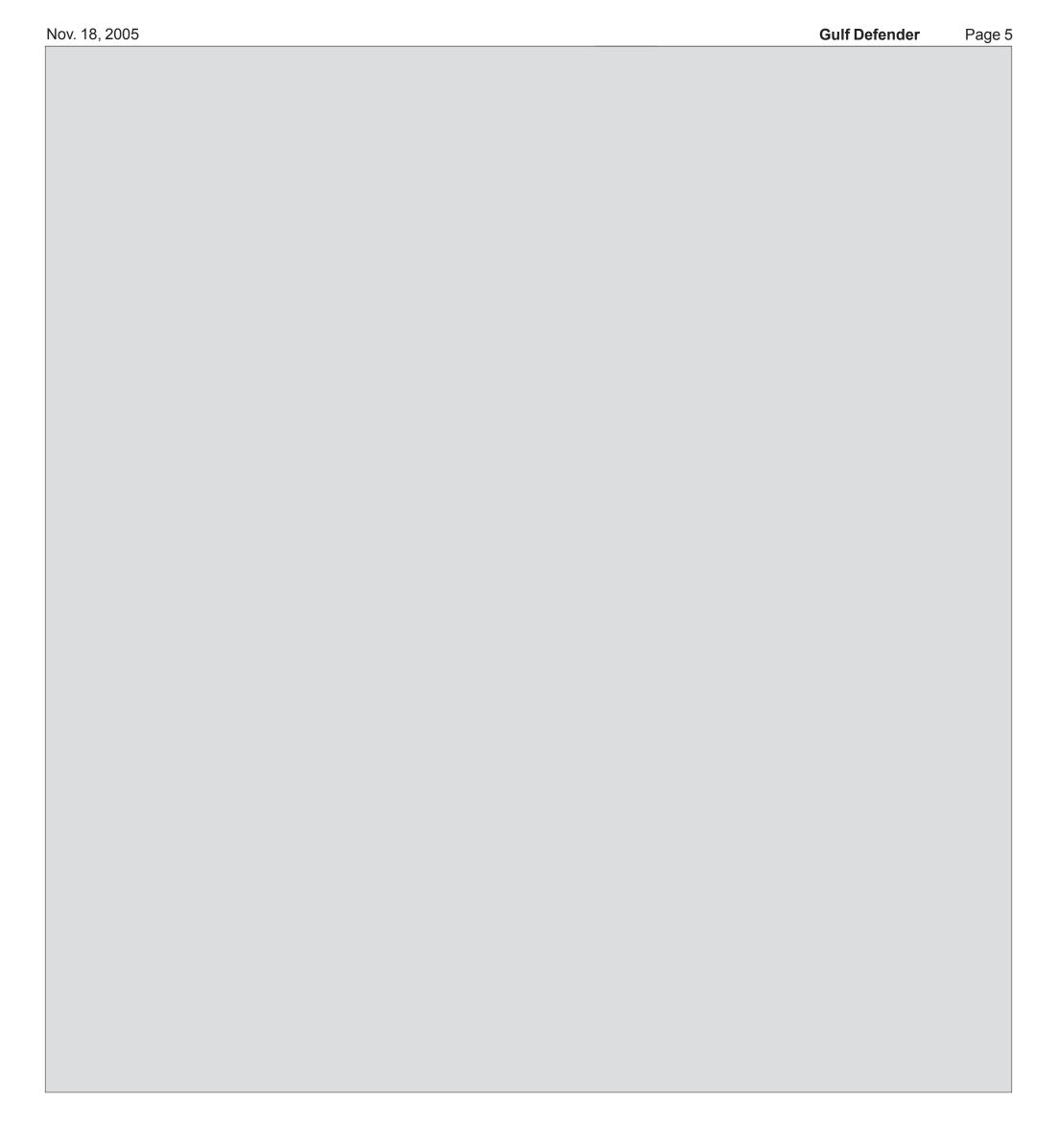
One thing that hasn't changed, however, is the Air Force's attitude towards fitness. There is a rumor going around that the fitness test might be directly related to the Enlisted Performance Report and Officer Performance Report. Chief Murray was able to clear this up.

"The fitness test is a standard," he said. "There has always been a block on the EPR/OPR for the supervisor to gauge the fitness and at this time we are not changing that."

One thing the Air Force does want to change, though, is the mindset about sexual assault.

"We are not dealing with an Air Force problem when it comes to sexual assault; it is a social problem," he said. "My hope is that with the education being provided, it will





Page 6 **Gulf Defender** Nov. 18, 2005

Tyndall patriot awarded **Bronze Star for OEF, OIF**

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Another member of the Checkertail Clan was awarded one of the top honors for his service while deployed in support of the Global War on Terrorism.

Lt. Col. Craig Hall, 325th Maintenance Group deputy commander was awarded the Bronze Star medal at a wing stand-up meeting Nov. 10 in front of his peers.

"At first, I was blown away when I was submitted for this award that is usually given for a significant accomplishment in combat, and then I was blown away when it was presented to me," said Colonel Hall. "It is the highlight of my career."

From June 2003 to June 2004 he served as commander of the 379th Expeditionary Aircraft Maintenance Squadron, Al Udeid Air Base, Qatar, the largest and most diverse expeditionary maintenance squadron in U.S. Central Command.

When he arrived on station it was a bare

base where military members worked and lived in tent facilities. But when he left, he left a footprint of what the base is today.

"First we had to create an or-

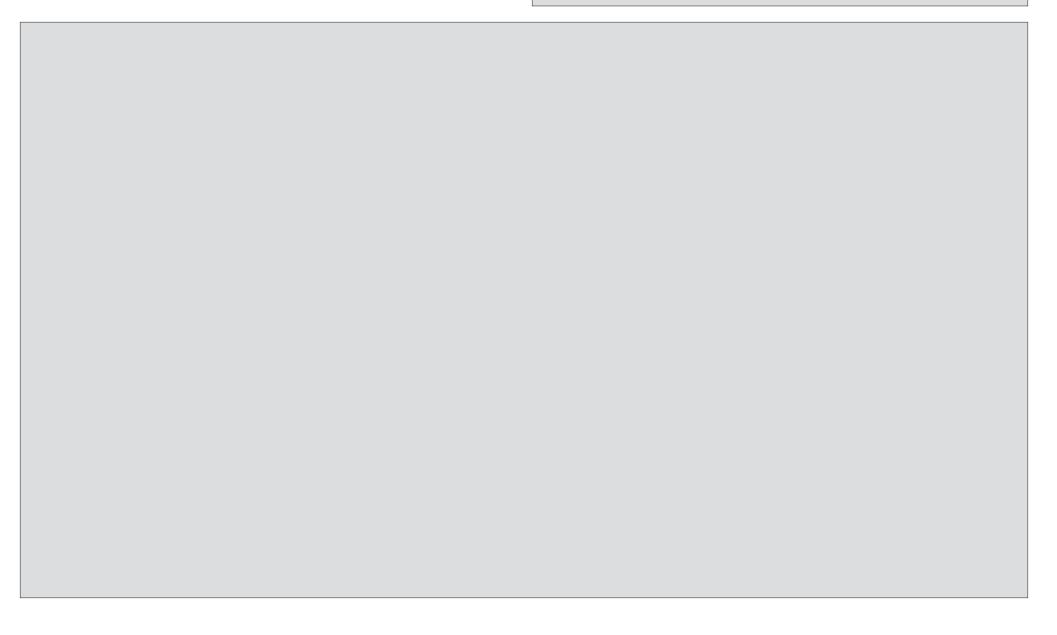


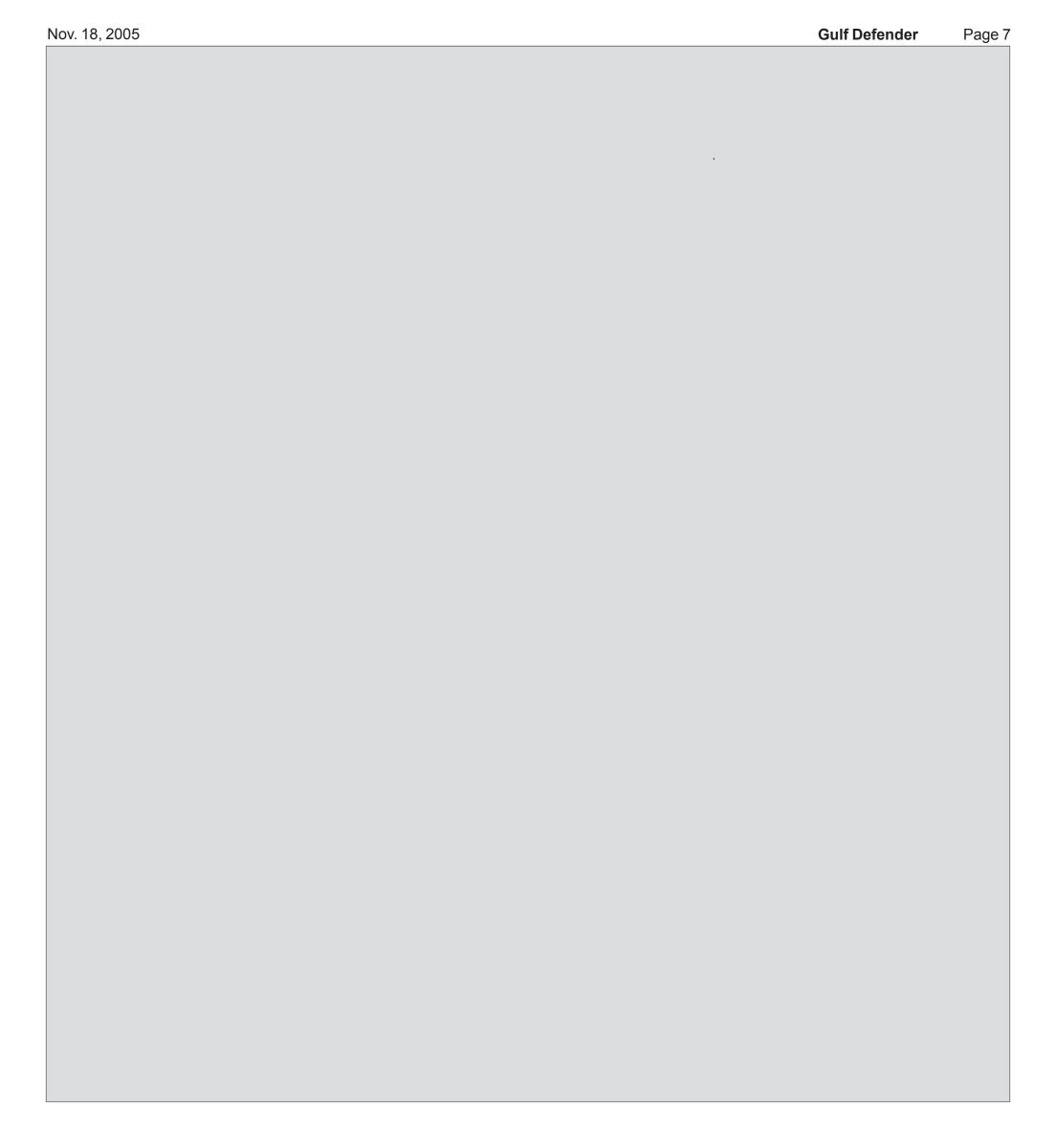
Lt. Col. Craig Hall ganizational structure and then we had to create the buildings to sustain the operation for the long haul," said Colonel Hall.

Operations Enduring and Iraqi Freedom were in their initial phases. Once GWOT was declared, Al Udeid became the center of operations.

"My biggest challenge was bringing a collective group of warriors together and focusing them on one goal: Support the ground troops

• SEE BRONZE PAGE 8





Page 8 Gulf Defender Nov. 18, 2005

• From BRONZE Page 6

in Iraq," said Colonel Hall. "There were combat sorties all day every day. We laid infrastructure and long-term vision for what it is today, providing air support for the entire area of operations."

His team directed the generation of over 21,000 combat sorties and 75,000 flying hours with six different weapon systems in support of OEF/OIF. In total, he led more than 2,600 personnel from over 40 bases across seven major air commands, 12 Air National Guard units, and one Air Force Reserve unit.

Fortunately there was never an attack on troops in Qatar while he was there, but the colonel said regular attacks happened downtown where military members would go on their off-duty time. They had the same potential of terrorist action as any base in the area of responsibility did.

For Airmen deploying to the region now, the colonel advised that they take their training and force protection seriously.

"Insist the Air Force provides you with all the force protection measures available and don't go there taking it lightly," said Colonel Hall. "Those deploying are going directly into harm's way where people are dying daily. We are at war. But at the same time know the Air Force has given you the training, motivation and skill for whatever job you get there, and that should be comforting."

Being away from family, not having a "real life," and living only to work were the personal challenges the colonel faced, but the rewards for his service are more prevalent to him.

"We train to go to war, and I certainly didn't want to put myself in it, but GWOT was where the action was and I had an opportunity where I could do the most for my country," said Colonel Hall. "It was the single most rewarding professional experience in my career. I didn't do what anyone else wouldn't have done. I was in the right place at the right time with great leadership."



Questions about career options?

Call Master Sgt. Albert Lewis, 325th Fighter Wing career assistance advisor, for answers to retraining or special duty questions at 283-2222.

re-	
ln't ere	
ere aid rd-	
r. I ave me	

Nov. 18, 2005 Gulf Defender Page 9

New finance customer service hours begin Monday

Effective Monday, the finance customer service hours will be 8:30 a.m. to 4:30 p.m. Monday – Friday. This change will provide additional time for mandatory physical, functional and contingency training.

The new hours are in response to the chief of staff of the Air Force implementing a Financial Management transformation for military pay, civilian pay and travel pay issues. The Air Force vision is to provide members with more control of their finances with online services such as MyPay, Leave Web and Defense Travel System. Members may also use one of the finance kiosks located at the Base Exchange and Berg Liles Dinning Facility to access valuable programs through touch screen systems.

The Military Personnel Flight is currently requesting two additional kiosks to be installed on the flightline-side of the base.

A manned call center is also being established. A technician will answer phone calls to numbers 283-4117 and 283-4201 from 8:30 a.m. to 4:30 p.m. daily. In addition, another satellite office is scheduled to open on the flightline-side of the base in the near future. The satellite office will be open one day a week near shift changes to provide convenient access for customers who work non-traditional hours. The location and hours are still under consideration.

Finance personnel will continue to assist all customers, but at a level consistent with the new vision. We are a customer service organization first and foremost, and people are our number one priority.

For questions, contact 1st Lt. Robert Bravo, financial services officer at 283-8260.

(Courtesy of the 325th Comptroller Squadron)

Tyndall Airman pulls woman from car crash

1ST LT. J. ELAINE HUNNICUTT
325th Fighter Wing Public Affairs

Could you pull an injured stranger from a smoke-filled car with gasoline fumes rising into the air around you?

Second Lt. Shannon Bancroft knows her answer when it comes to rendering aid.

"I have done it before and it is something I would do again ... it is no big deal," she said.

Lieutenant Bancroft is an adjutant and unit deployment manager for the 2nd Fighter Squadron and is no stranger to this scenario. This is the fourth accident she has come across in her lifetime, and she has risen to the challenge every time.

While traveling home from work Nov. 7 on Highway 231, Lieutenant Bancroft saw a four-car accident at the intersection of County Road 2301. After scanning the scene, she pulled onto the median, jumped out of the vehicle and assessed the situation.

All of the victims were safe and out of the vehicles, except for one woman. This woman was trapped in her smoke-filled car, and the gas tank was ruptured.

"The trunk was in the front seat, and the engine was in the dash(board)," she said. "It was a four-door, but it looked like a two-door car when I got there."

Lieutenant Bancroft immediately established contact with the woman, assessed

her injuries and abilities, and calmed her down.

Then the lieutenant assisted the on-scene police officer with getting everyone away from the car in case the gasoline caught fire. She tried to figure out how to extract the pinned-in woman from the car. The driver-side door was jammed, but Lieutenant Bancroft was able to pry open the passenger-side door.

"I hated to pull her from the car with a possible back injury, but with gasoline pouring over my feet ... I didn't have a choice," said Lieutenant Bancroft.



2nd Lt. William Powe

Second Lt. Shannon Bancroft, right, 2nd Fighter Squadron, reviews some paperwork with Senior Airman Christopher Pena, 2nd FS.

Once the paramedics arrived, they asked Lieutenant Bancroft to continue assisting the woman while they assessed the other accident victims.

The Cedar Grove police department lauded the lieutenant for her efforts stating that it was a "brave" act pulling someone from a gas and smoke-filled car.

"A lot of times people won't get involved," said Lt. Bern Snell, a Cedar Grove police officer who worked the accident. "We appreciate what she (did); I know the girl (she saved) appreciated it." Page 10 Gulf Defender Nov. 18, 2005

Associate Spotlight

Tech. Sgt. Charlie Brown



Steve Wallace

Sergeant Brown receives the Associate Spotlight award from Col. Charles Campbell, SEADS commander.

The Checkertail Clan salutes Air Guard Reservist Sergeant Brown, Southeast Air Defense Sector. He sustains and maintains equipment responsible for producing the air sovereignty picture in the SEADS area of responsibility. He facilitated defense department humanitarian relief after Hurricane Katrina. He is also a member of the reserve enlisted association and Tyndall's Focus 56.

Duty title: Computer maintenance crew chief

Time on station: Eight years Time in service: Fourteen years Hometown: Wallins Creek, Ky. Hobbies: Beekeeping, gardening,

landscaping, running **Favorite book:** The Bible

Favorite thing about Tyndall: Location,

serving without moving

Pet peeves: Failure to make a difference when given the opportunity and/or power Goals: To advance in knowledge and rank as an NCO, complete master's degree Proudest moment in the military:

Preparing the sector for Hurricane Katrina evacuation

The Associate Spotlight is a 325th Fighter Wing commander program designed to recognize a Warrior from one of Tyndall's tenant units. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate from the wing commander and other items presented by their unit.



Phase I of the Sabre Gate project is currently underway and is expected to be completed after Thanksgiving. Phase I will complete the new outbound lane at Sabre Gate, as well as the widening of School Road.

Contractors will continue to work on completing the water line repair.

Phase II should begin approximately five to 10 days later. This time will allow for all inbound lanes to be closed and outbound traffic to begin use of the newly constructed lane. Inbound traffic will use the newly widened School Road. The expected construction start date for Phase II will be approx. Nov. 28.

Phase II can be expected to last until March 2006. This involves the removal of the existing, and construction of a new, gatehouse, installation of antiterrorism force protection measures and resurfacing of the entire Sabre Gate roadway.

Exercise caution while driving through the areas during these construction phases, since large equipment and construction personnel can be heavy at times.



Staff Sgt. Kristi Foley



Steve Wallace

Sergeant Foley receives the Checkertail Salute Warrior of the Week award from Brig. Gen. Jack Egginton, 325th Fighter Wing commander.

The Checkertail Clan salutes Sergeant Foley, 325th Operations Support Squadron. She audited more than 1,000 air refueling records prior to the Operational Readiness Inspection in June, with zero discrepancies found. She also earned the Academic Achievement Award and Distinguished Graduate from Airman Leadership School.

Duty title: Assistant NCO in charge of wing scheduling

Time on station: Three years Time in service: Six years Hometown: New York

Hobbies: Working out, decorating

homes

Favorite movie: "As Good as it Gets" Favorite book: "Ancient Egypt" Favorite thing about Tyndall: The weather

Pet peeves: Ignorance

Goals: Earn a Ph.D. in psychology **Proudest moment in the military:** Graduating from Airman Leadership

School

The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

The Gulf Defender is published for people like Airman 1st Class Elicio DeJesus, 325th Services Squadron food service specialist.





FORCE TRAINING



Training Spotlight

What's been the most difficult part of your training so far?

The most difficult part is just finishing the training; there is a tremendous amount of information. And you don't just have to know it, but you also have to comprehend it and put it to use."



AIRMAN 1ST CLASS THOMAS OLIVER 325th Operations Support Squadron air

traffic controll student

Student Focus

Students 'fly' high in altitude chamber

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Hungry for air, nauseous, dizzy, hot, cold, confused, euphoric, fatigue and tingling sensations are all words used to describe the experience aircrew members and students feel as a part of routine altitude chamber training.

Because high altitude flight can have serious effects on the human body, the Air Force adopted a physiological training program to teach aviators how the body reacts to the stresses of flight. Subsequently, the 325th Aeromedical-Dental Squadron here provides that 50-year-old course for



Aircrew members get a feel for losing oxygen in the altitude chamber while 325th Aeromedical-Dental Squadron instructors monitor and communicate with them through glass windows.

whether they are still in training or fully qualified and experienced.

Airmen attending altitude chamber training get to experience hypoxia, a condition in which the body is in an oxygen deficient environment, such as flying at higher altitudes where there are less oxygen molecules. More importantly, they learn out to quickly recover from the effects.

"It is important for each pilot to learn how hypoxia caused by decompression in the cockpit effects his own body," said Staff Sgt. Vanessa Hernandez-Goris, 325th ADS administration element leader.

> "This way, if the pilot notices these symptoms, he can take corrective measures immediately."

> "I start out feeling light-headed and then my vision will blur where I can only see what is in front of me, but as soon as I put my mask back on the symptoms are gone within four to five seconds," said Staff Sgt. Kyle Green, AC-130 sensor operator with the 19th Special Operations Squadron, Hulburt Field.

"For a healthy individual flying at 18,000 feet, the time of useful consciousness (the pe-

everyone who steps in any type of aircraft, riod of which a person retains normal motor functions) is about 30 minutes, but is reduced to three to five minutes at 25.000 feet," Staff Sgt. Dacia Chenier, 325th ADS physiological training instructor said. "If the same individual smoked, didn't exercise and maintained an unhealthy lifestyle, his time of useful consciousness would be a lot less."

> Decompression is a condition in which there is a loss of atmospheric pressure maintained in the cockpit.

> "If you recognize these symptoms, you will be able to recover before you crash the jet," said Master Sgt. Tommy Schmidt, NCO in charge of aerospace physiology. "I like to call our training preventative maintenance."

> Prior to entering the confined chamber space, aircrew are briefed on what to expect when they are seated at a console with an oxygen regulator. To eliminate any confusion on procedures during actual flight, the regulators in the chamber are exact copies of the regulators used in all Air Force aircraft.

> After the students don their helmets and oxygen masks, they are given 30 minutes to "pre-breathe" while viewing a training slide show. Once the door is sealed, they begin to ascend into the air through simulated altitude-climbing effects.

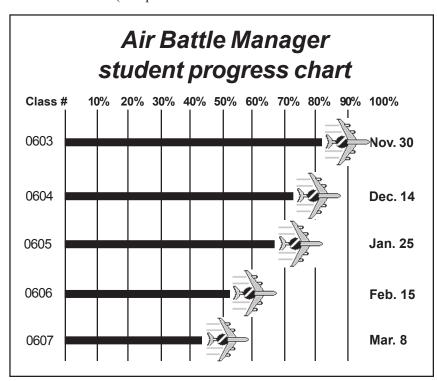
> When oxygen is removed from the chamber, it feels like an increase in altitude. They stop at 10,000 feet and remove

> > • SEE CHAMBER PAGE 17



Oil change anyone?

Airman 1st Class Christopher Lemley, 372nd Training Squadron/ **Detachment 4 Mission** Ready Airmen student, drains the oil from an F-15 Eagle during postflight/pre-flight inspection training recently. The students attend school at Tyndall for 20 days before moving on to their operational base.





Capt. (Dr.) Michelle Getz, 325th Aeromedical-Dental Squadron general dentist, and Lt. Col. (Dr.) Mark Muth, 325th ADS dental operations flight commander, measure the length of the root in one of Rex's canines Oct. 13 during a two-day root canal procedure here.

Military working dog receives 'canine' treatment, sports gold crowns

STORY AND PHOTOS BY 2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

Most dentists here have performed dozens, if not hundreds, of root canals in their career, yet none have ever risked losing a limb for sticking their hand between the jaws of a patient.

That is, until now.

Enter Rex, a 5-year-old military work-

ing dog, who would have gladly removed a few poking and prodding fingers from his mouth as he received three root canals during a two-day operation recently here. Fortunately for the dentists, the German shepherd was sound asleep.

According to Army Capt. (Dr.) Leah Tingley, Tyndall veterinarian, military working dogs often need extensive dental work partly because excessive bite-work training can wear down their teeth. She said veterinarians are trained to perform root canals, but dentists are preferred.

"The dentists are the true subject matter experts," she said. "(Veterinarians) are trained for it, but we don't get to practice it a lot."

Dentists are root canal experts for humans, but Capt. (Dr.) Michelle Getz, 325th Aeromedical-Dental Squadron general dentist, said this was the first time she's seen a dog in the dental office since she's been here more than a year. When she was asked to perform the time-consuming operation, she knew she would have some studying to do to ensure her first canine root canal was successful.

"I did a residency program at Keesler AFB, Miss., and there was some training on dogs – mostly lectures – but it's

my first time, so I'm a little nervous," Dr. Getz said as she prepared to begin. "I read the veterinary dentistry book to really make sure I'm prepared."

In addition to the bite-work training, Rex needed the operation because of a bad habit he has, said Tech. Sgt. Jake Burkett, 325th Security Forces Squadron kennelmaster.

"As soon as he's done eating, he just tears into his metal food pans and throws them across the room," he said.

Over time, chewing on his food pans and kennel cage wore down his four canine teeth, which are the sharp extenders, or fangs. If left untreated, the area could have become prone to chronic infection. A rotten tooth has little to no blood supply, which limits the body's ability to kill the festering bacteria in that area. The teeth could have become a gateway for toxins and different poisons to enter the body.

And Rex's sore teeth were already becoming a major interference with his job performance, said Staff Sgt. John Russum, 325th SFS MWD handler.

"I think he was a little hesitant to bite down during bite work, so we should see an immediate improvement," he said.

Performing a root canal on a dog is similar to operating on a human, except a normal dog's canines can be up to 55



Capt. (Dr.) Lawrence Horne, 325th ADS upper canine Nov. 10 to ensure an adec The space is necessary so the crown problems when the dog tries to bite of

Dr. Getz and Capt. (Dr.) Eric Hardy look for evidence of infection and root shape on a radiograph of Rex's canine. The dentists used multiple x-ray images throughout the operation.

Nov. 18, 2005 **Gulf Defender** Page 13



Staff Sgt. John Russum, 325th Security Forces Squadron MWD handler, holds Rex's mouth open as Army Capt. (Dr.) Leah Tingley, Tyndall veterinarian, inserts a breathing tube down his throat. Rex was completely sedated during the procedure and during the root canals.

millimeters long, nearly twice the length of an average human tooth, and the tooth and root is curved in a dog, said Maj. (Dr.) Orlando Colon, 325th ADS general dentist. The extra length and curvature adds strength to the dog's bite, but it also takes more time and steady nerves for the dentist to perform the operation.

The dentists began by drilling a hole on

holes created from the excavation must then be sealed. The dentists placed tiny orange rubber strings as thin as angel hair pasta into the holes until the cavities were perfectly filled.

"This process is very time consuming and tedious because you have to keep filling more and more," Dr. Colon said.

The process took two days, nearly a month apart, to complete all three teeth.

> The average person wouldn't have been able to tell Rex had multiple root canals, except the canines were crowned with shiny gold metal.

was removed

and the cavi-

ties

"We made gold crowns just like for a human because root canals can make teeth become brittle and break easier," said Tech. Sgt. Michael Edwards, 325th ADS NCO in charge of the dental laboratory, who made the gold crowns from a plaster impression. "Now if the dog is going to bite you, you'll see three shiny gold teeth."

According to Dr. Getz, crowns last about 10-15 years in people, which should last the length of Rex's life.

"We'll have to see how the cement holds up during his bite work," she said.



Tech. Sgt. Michael Edwards, 325th ADS NCO in charge of the dental laboratory, prepares an impression of Rex's upper jaw. Since the dentists don't normally have patients with such large jaws, they had to improvise by cutting out a section of a soda bottle to hold the plaster.

Inset: The mold of Rex's upper and lower jaw shows how the four canine teeth are rounded off and worn down. Sergeant Edwards used this mold to create the gold crowns.

"It was great (getting the experience), and I'll probably never get to do it again."

Capt. (Dr.) Lawrence Horne, who helped with the complex root canals on the second day, agreed.

"If I can do this on a dog, I can do anything," he said.

"The gold metal will hold, but the cement might not."

Dr. Getz added she was pleased with the results and for experiencing what may be a once-in-a-lifetime opportunity for her.

"I feel this went much smoother the second time," she said after finishing Nov. 10.



Rex, with his handler, Staff Sgt. Kevin Dredden, gets back to work sniffing for narcotics after his first root canal Oct. 17. All military working dogs here receive dental exams and teeth cleaning at least once per year. It was discovered that Rex needed three root canals during his last dental exam.



general dentist, grinds down the gold crown on the quate gap exists between the upper and lower canine. ns don't rub against each other, which could cause lown or chew.

Page 14 Gulf Defender Nov. 18, 2005

Briefs

RAO volunteers

The Retiree Activities Office is seeking volunteers to assist with the various tasks associated with running the office. The RAO is an all-volunteer organization that provides assistance and information to Tyndall's retiree community on retiree-related issues. Those interested in volunteering should contact the office by e-mail at tyndall.RAO@tyndall.af.mil or call 283-2737.

AADD volunteers

Airmen Against Drunk Driving is looking for volunteers. The hours of operations are 5 p.m. to 5 a.m. Fridays and Saturdays. Volunteers must be E-1s through E-4s. Those interested in volunteering can call 867-0220, or e-mail Airman 1st Class Brandon Krueger at brandon.krueger@tyndall.af.mil.

Lifeguards needed

The 325th Services Squadron's Outdoor Recreation office is compiling a list of possible candidates to be lifeguards for the upcoming season. Anyone who is currently certified or interested in becoming certified can contact Cindy Workman at 283-3199, or by e-mail cindy.workman@tyndall.af.mil.

SBP briefing

The Survivor Benefit Plan is often misunderstood and undervalued by servicemembers. An SBP counselor will schedule those about to retire for a pre-retirement briefing, well before the retirement date. In addition to the briefing, various handouts are available to assist with making decisions. For more information, call Tyndall's SBP counselor, Alicia Gibbons, at 283-8392.

Military family employment specialist

A Military Family Employment Specialist will be available at the Family Support Center 8:30–11:30 a.m. every Wednesday. The employment specialist is available to assist military spouses with job placement and referral for positions in the Panama City area and to register spouses in the workforce employment system. For more information or to make an appointment, call the FSC at 283-4204.

Gulf Guide



nd Lt. William Po

So that others may live

Paris Golden, left, a lab technician from the Armed Services Blood program, checks on the status of an Airman giving blood at a recent blood drive here. Another blood donation drive is scheduled for Dec. 2 at the Enlisted Club. Volunteers are needed to donate as well as pass out snacks and drinks. All Tyndall blood donations will eventually benefit servicemen deployed in support of the Global War on Terrorism. For more information or to volunteer, contact Senior Airman Vanessa Jimenez, the blood drive coordinator, at 283-2670.

Facility managers training

The mandatory annual training for facility managers is scheduled from 8–11:30 a.m. Dec. 5 and from noon to 3:30 p.m. Dec. 6 in the WEG auditorium. A makeup session is scheduled from 8–11:30 a.m. and noon to 3:30 p.m. Jan. 7 at the NCO Academy auditorium. For more information, call CE customer service at 283-4948/4949.

MPF office closure

The Military Personnel Flight customer service office is scheduled to be closed Dec. 5 for DEERS Server upgrades and furniture installation. During that time, customers will not be able to receive any service or ID cards. Please make plans to pick up records either before that date or after. For more information, call the MPF at 283-2276.

Vehicle decal reminder

The 325th Security Forces Squadron would like to remind all Department of Defense motorists that it might be time to update your vehicle base access stickers. If your vehicle's year sticker reads "05," you have until Dec. 31 to renew your decal with Pass & Registration.

A valid DOD identification card, current driver's license, current state registration form and current proof of insurance card must physically be presented for each vehicle to receive a new decal.

Tyndall's new Pass & Registration building is located on US Hwy 98, directly across from Sabre Gate, and is open from 7:30 a.m.

to 4:30 p.m. Monday–Friday. For more information, call 283-4191.

Commissary hours

The Tyndall Commissary will be open 10 a.m. to 4 p.m. Monday, regular hours Tuesday and Wednesday, closed Thanksgiving Day, and 10 a.m to 4 p.m Nov. 25. For more information, call 283-4825.

Airman's Attic

Family Services and the Airman's Attic are open from 9 a.m. to 1 p.m. Monday–Friday in Bldg. 747. Call the Family Services office at 283-4913 for more information.

Turkey Shoot

The Tyndall skeet range is hosting a Turkey Shoot beginning at 10 a.m. Saturday. Cost is \$1 per shot. Contestants can win a free turkey. For more information, call 283-3199.

Warrior Farewell

There will be a Warrior Farewell at 4 p.m. Nov. 30 at the Enlisted Club. All Tyndall Airmen are invited to attend to bid farewell to those who will be deploying soon.

Thrift Shop hours

The Thrift Shop will be closed Wednesday–Friday for Thanksgiving. Last day to accept Christmas items for consignment will be Dec. 8.

Normal operating hours are 9:30 a.m. to 12:30 p.m. Wednesday–Friday, with consignments from 9:30–11:30 Wednesdays and Thursdays. The Thrift Shop is located in Bldg. 743, across from the Post Office. For more information, call 286-5888.



Catholic services

Daily Mass, 11:30 a.m. Monday— Friday, Chapel Two Reconciliation, before Saturday Mass or by appointment Saturday Mass, 5 p.m., Chapel Two Sunday Mass, 9:30 a.m., Chapel Two Religious Education, 11 a.m., Bldg. 1476

Protestant services

Traditional worship service, 9:30 a.m., Chapel One Contemporary worship service, 11 a.m., Chapel Two Wednesday Fellowship, 5 p.m., Chapel Two

Muslim services

Dhuhr Prayer, Monday—Thursday, Spiritual Maintenance building near the flightline Jumauh services, 12:30 p.m. the second and fourth Friday of each month, Spiritual Maintenance building near flightline

Nov. 18, 2005 Gulf Defender Page 15



Step right up

1st Lt. Meagan Bender, 325th Communications Squadron, teaches a sports conditioning class at the gym here during lunch hour. The Fitness Center offers a variety of exercise classes including cycling, "boot camp," Pilates and yoga. For more information, contact the Fitness Center at 283-2631.

Mesquita 'bites' Pig-Prog, challengers in Week 10

PIGSKIN PROGNOSTICATOR

From the home of the waterbirds

Just as the 823rd RHS was the first team to get a perfect list for Week 9, there were some great firsts in NFL's Week 10.

During their game against San Francisco Sunday, defensive back Nathan Vasher of my favorite underdog team, "Da Bears," returned a missed field goal for touchdown. So what, you say? Vasher ran 108 yards to do so, the longest play in NFL history.

Then in Seattle, while the Seahawks were demolishing St. Louis, running back Shaun Alexander became the first player to score 15 touchdowns in five consecutive seasons. There seems to be a new wizard in Emerald City.

Speaking of wizards, Jason Mesquita of the 325th MXS used his prognosticator talents to come out ahead of a six-way tie and win

Week 10. Mesquita out-picked the 325th OG, CS, MDOS, MSS and the 2nd FS. It came down to the Monday night game between Dallas and Philadelphia, and he was spot-on with the total score of 41.

When I asked him how he picked the perfect score, he remained humble.

"I am just that good," he said.

He believes Indianapolis and Cincinnati is the game to watch this week.

We'll see if MXS can hammer out yet another winning list for Week 11.

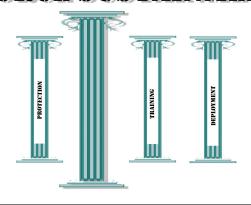
The Pig-Prog is still behind in the standings, but not as far back as last week. This is due to a slew of non-existent picks by a few squadrons. That's fine with me. In this tortoise-and-the-hare match, I'm coming out of my shell.

Now let's get out there and watch some football!

Prognosticator scorebox

Team	Week 10	Total
PIG-PROG	9	81
325th MOS	9	90
325th AMXS	9	89
325th SVS	9	87
325th ACS	9	86
325th CS	10	86
2nd FS	10	86
325th MDOS	3 10	85
325th CONS	8 8	84
823rd RHS	9	81
First Sgts.	0	80
325th MXS	11	79
325th CES	9	77
325th MSS	10	77
53rd WEG	0	74
325th CPTS	0	73
325th OG	10	70
325th OSS	0	68
AFRL	8	56
325th SFS	0	53
NCOA	0	50

FORCE SUSTAINMENT



Intramural Sports Standings

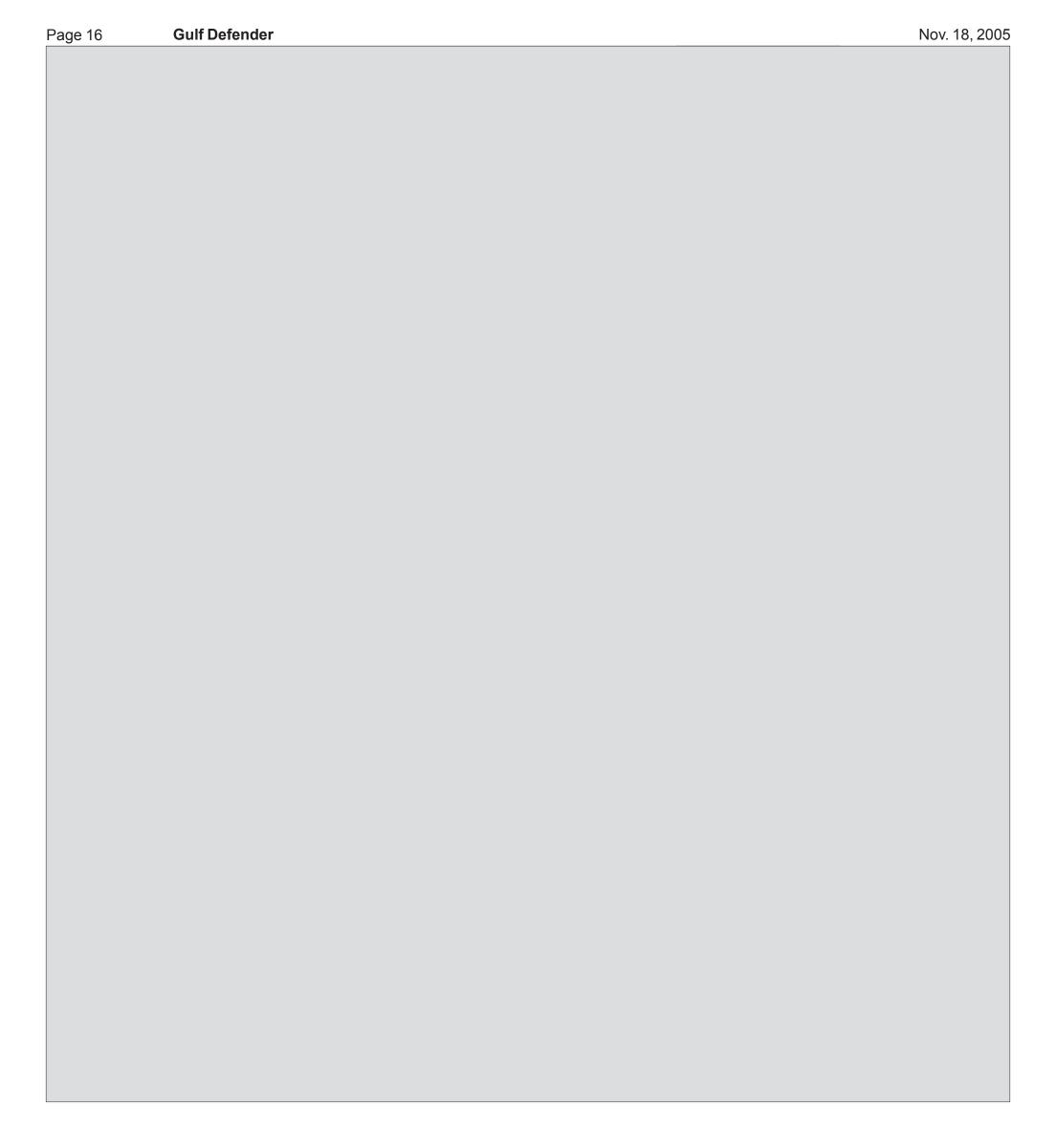
Phillip Pittman and Donald King from the 372nd TRS/Det. 4 will take on Michael Jones and Cody Mullins from the 325th CS in the intramural darts championship game this week.

Intramural basketball begins Monday. If you haven't already signed up to play, contact your unit sports representative to get into the players pool.

Bowling						
<u>Team</u>	W	<u>L</u>	Team	W	L	
MXS-Phase	76	28	1st AMU 1	52	52	
CS 1	66	38	1st AMU 3	51	53	
601st EAOG 2	64	40	OSS	50	54	
SFS	62	42	1st AMU 2	50	54	
MXS 1	60	44	CONS	49	55	
MSS 1	58	46	RED HORSE	48	56	
83rd FWS 2	58	46	NCOA	48	56	
IAM	58	46	1st FS	48	56	
83 FWS 1	58	46	ACS 2	46	58	
601st EAOG 1	56	48	MXS-AMMO	46	58	
AMXS	56	48	ACS 1	44	60	
MOS	55	49	CES	44	60	
53rd WEG	54	50	CS 2	44	60	
AFCESA	54	50	MDG	40	64	
MSS 2	52	52	SVS	39	65	
TEST	52	52	AAFES	24	80	

Pig-Prog vs. 823rd RHS

The Pig-Prog beat the 325th OG in the Week 10 match-up. I guess I *flew* by you.



Page 18 **Gulf Defender** Nov. 18, 2005

Command takes global addresses offline

RANDOLPH AIR FORCE BASE, Texas it looked when they left Friday."

(AETCNS) — Saturday and Sunday, all Air Education

and Training Command Microsoft Exchange e-mail users will find something missing from their global address lists.

E-mail services will be available all weekend, but as part of a planned upgrade to the system, AETC e-mail users will not be able to view any non-AETC destinations in their GAL pull down menus.

Also, while other commands will disappear from AETC e-mail systems -AETC will disappear from other commands' GALs

during the migration to a new, upgraded Microsoft Exchange system.

These changes are only temporary, and all Air Force addresses should be back in the e-mail system by Monday, said Lt. Col. Paul Hardy, AETC Computer Systems Squadron commander.

"This first step must be completed before we can continue our migration to the updated e-mail system," said Colonel Hardy. "This first change will be invisible to the user. When folks return to work Monday, their address book and e-mail will look virtually identical to how

The Microsoft Exchange upgrade will allow AETC to

Air Education and Training Command will take the global address list offline Saturday and Sunday while upgrades are made to the Microsoft Exchange server

follow the Air Force's lead in updating e-mail technology. According to Rebecca Meares-Jones, Network Operating and Security Center engineering chief, there are two drivers behind the needed upgrades. First, the old system will no longer be supported by Microsoft beginning in December. Upgrades are necessary to migrate to a system that will be supported. Second, there are significant benefits for the customer by upgrading the system - to include much improved

Outlook Web capabilities and interfaces. These benefits will not be seen immediately, said Ms. Meares-Jones, but will become apparent as they are phased in across the command during the first six months of 2006.

However, Ms. Meares-Jones warned that after the address book change, some e-mail users may experience delivery problems when sending e-mail. All of these problems can be fixed by readdressing the e-mail from the new address list.

If you have questions or need help, your computer support representative and help desk can provide assistance. Nov. 18, 2005 Gulf Defender Page 19

Buy and sell through the Checkertail Market! Turn to Page 20 to sell, Page 21 to buy. It's FREE!



Leaders suggest AAFES gift certificates vs. packages for 'Any Servicemember'

DALLAS—As the holidays approach, many begin thinking about fellow Americans deployed far from home. While all efforts to support troops serving overseas are greatly appreciated, some are admittedly safer and more effective than others.

"Because the Department of Defense discontinued their 'Any Soldier' mailing program in October 2001, Americans

are unable to easily send letters or packages to troops they do not personally know," said the Army & Air Force Exchange Services' chief of corporate communications Lt. Col. Debra Pressley. "This is not done to keep friends and family from sending mail to the troops, but rather to reduce the inherent risks that come

with receiving mail from strangers and ease the strain on a taxed military mail system."

Some troop support sites have attempted to address the discontinuation of the popular "Any Soldier" program by posting the personal information of deployed troops to the internet.

In response to military families' concerns about security, defense officials have distanced their official Web site from sites that publicly post arrival and departure dates to and from Iraq or Afghanistan, home bases, names and addresses.

Shortly after the "Any Soldier" program was discontinued, AAFES also set out to find a program that any individual, organization or business could use to send support to troops serving in Operation Enduring Freedom, even if they didn't have a name or address.

The solution to those wanting to help their nameless he-

roes was found in a gift certificate program dubbed "Gifts from the Homefront."

Lightweight, regulated and affordable, these Exchange gift certificates can be redeemed at any AAFES PX/BX facility in the world including more than 55 locations scattered throughout Operations Enduring and Iraqi Freedom.

"Gifts from the Homefront" can be sent to a specific Sol-

dier, Airmen, Sailor or Marine or addressed to the attention of "Any Servicemember." AAFES works in cooperation with charitable organizations such as the American Red Cross, Air Force Aid Society, Fisher House and USO to distribute support ear marked for "Any Servicemember."

Reports from Iraq indicate troops are redeeming the PX/BX gift certificates for

sports drinks, candy bars and phone cards.

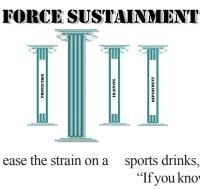
"If you know someone serving far from home, please send them letters, baked goods and love from home," said Lt. Col. Pressley.

"If you don't have a specific service member's name or address, 'Gifts from the Homefront' offers a flexible, efficient and secure care package alternative that makes it easy to show deployed troops you are thinking of them," she continued.

"Gifts from the Homefront" gift certificates are available at www.aafes.org or 877-770-4438.

Whether sending a traditional care package or a "Gift from the Homefront," Americans are advised to mail early.

The earliest recommended mailing deadline from the Military Postal Service Agency was Nov. 12 for parcel post to Iraq and Afghanistan.



Page 20 **Gulf Defender** Nov. 18, 2005



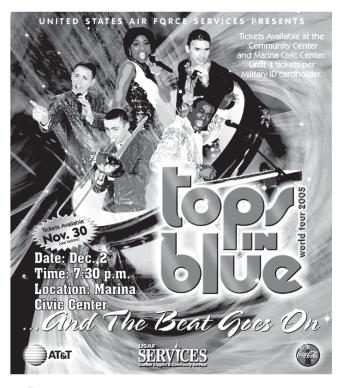
tunshine Nt



www.325thservices.com

☆Log onto the NEW & IMPROVED Web site

www.325thservices.com



Thanksgiving Day **Buffet!** All ranks at the O'Club. Nov. 24 Two Seating Times Available 10:30 a.m. & 1 p.m. \$16.95 Members, show your club card to receive a \$2 discount! \$16.95 Non-members \$7.95 Kids 5-11 yrs.



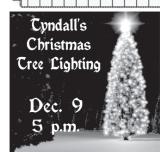


Members bring covered dish and desserts.

For details call Marina 283-3059.



caring a stroke-victim who is bed-ridden and cannot speak. But Caroline becomes suspicious of the house. After acquiring a skeleton key, Caroline makes her way into a secret room within the attic where she discovers hair, blood, bones, spells, and other instruments for contact E'Club 283-4146.



to achieve success in the

competitive world of Supercross

racing. The brothers' conflicts are magnified by their different life

choices and their decision to

For details contact E'Club

become competitors and rivals.

Movies are subject to change.



Pancake breakfast with Santa at the Youth Center Dec. 3 Register for holiday family gift bag, \$2.50 ages 12 & under

\$4.50 ages 13 & above For details call 283-4366

Attention Team Tyndall: Place a free classified ad in the Gulf Defender

Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public Affairs Office at 445 Suwannee Rd. Ste. 129 Tyndall AFB, FL 32403, or faxed to (850) 283-3225. Ads can also be sent in by e-mail to checkertailmarket@tyndall.af.mil.

Rank/Name Unit/Office Symbol_____ **Duty Phone** Home Phone_

Item description (One ad per form) (30 words or less)

We value your opinion!

Take a couple of minutes to give us your thoughts on how we can make the Gulf Defender better:

Did the front page grab your attention? Yes □ No □

Do you feel there is a good mix of local, command and Air Force-level news? Yes □ No □

Do the photos encourage you to read accompanied articles? Yes □ No □

Is the Gulf Defender easy to read and follow? Yes □ No □

What did you find most interesting in this week's paper?_

If you could change one thing in the paper, what would it be?

Comments:



Senior Airman Sarah McDowe

Seeing stars

Participants from the F/A-22 Awareness Civic Leader tour from Hollywood listen to Chief Master Sgt. Larry Aderholdt, 43rd Aircraft Maintenance Squadron maintenance superintendent, explain the maintenance procedures for the Raptor canopy. The tour was conducted to give entertainment industry leaders a better understanding of the aircraft and how all Air Force members support the program.

